

The book was found

# The Eat-Clean Diet For Family And Kids: Simple Strategies For Lasting Health And Fitness



## Synopsis

We have been hearing for years now about the obesity epidemic and other health issues facing children. In fact, the longevity trend is reversing with this generation - children born today are not expected to live as long as their parents. In *The Eat-Clean Diet for Family and Kids*, author Tosca Reno handles this issue with typical aplomb.

## Book Information

Series: Eat-Clean Diet

Paperback: 348 pages

Publisher: Robert Kennedy; 9.1.2008 edition (July 17, 2008)

Language: English

ISBN-10: 1552100502

ISBN-13: 978-1552100509

Product Dimensions: 7.1 x 0.8 x 9.1 inches

Shipping Weight: 1.8 pounds

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (75 customer reviews)

Best Sellers Rank: #380,120 in Books (See Top 100 in Books) #48 in [Books > Parenting & Relationships > Family Health](#) #2580 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#) #3746 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

## Customer Reviews

My husband and I decided to set a goal for 2011 - to eat 'cleaner' and feed our children better. I bought this book after reading some of the recommendations and I have to say it's not exactly what I was expecting/hoping for. The first 2/3 of the book consists of information on what clean eating is and why we should choose to avoid certain things. It made sense, but it wasn't anything amazing or ground-breaking. Perhaps that's because I've already read books such as the *Omnivore's Dilemma* and *Food Rules*, and I've watched episodes of *Jamie's Food Revolution*. So I already had a pretty good idea on most things - eat lots of fruits and veggies, whole grains and lean meat while avoiding sugar, processed foods, and white carbs (bagels, white bread, etc). She did have some good tips on how to involve the kids in the switch to clean eating such as letting them help plan and prepare meals, only preparing one meal for the family, etc. The final 1/3 of the book is recipes. This is where I was most disappointed. I was hoping for good recipes that have actual ingredients and will be tasty and nutritious WITHOUT having to search for a bunch of 'freak food' (as my husband would call it). There are only a few of those. I saw quite a few recipes that call for all sorts of ingredients that I

would have to search for and am certainly not familiar with - and neither are my kids. I am a reader of Cooking Light and Food magazines, and that is more what I expected - recipes that use simple, basic, fresh ingredients without relying on lots of processed helpers to make them into tasty meals. Instead I got recipes that require lots of things I would not have in the pantry and which would require a trip to a specialty supermarket.

[Download to continue reading...](#)

Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book The Eat-Clean Diet for Family and Kids: Simple Strategies for Lasting Health and Fitness Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Jokes For Kids - Joke Books : Funny Books : Kids Books : Books for kids age 9 12 : Best Jokes 2016 (kids books, jokes for kids, books for kids 9-12, ... funny jokes, funny jokes for kids) (Volume 1) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet: Ketogenic Diet Weight Loss Mistakes to Avoid: Step by Step Strategies to Lose Weight and Feel Amazing (Ketogenic Diet, Ketogenic Diet Beginners Guide, Low Carb diet, Paleo diet) Vegetarian: Vegetarian Diet For Beginners: 100 Delicious Recipes And 8 Weeks Of Diet Plans (Vegetarian Diet, Vegetarian Diet For Beginners, Vegetarian ... Cookbook, Vegan, Clean Eating, Raw Diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Clean Eating: Fire up Your Weight Loss and Energy with Amazingly Delicious Clean Eating Recipes (Clean Eating Cookbook) JOKES: Jokes For Kids To Get Them Giggling! (Clean Jokes, Jokes For

Young Kids, Funny Jokes, Kids Jokes, Joke Books, Best Jokes, Funny Books) Minecraft: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Minecraft Jokes! (Minecraft Memes, Minecraft Jokes, Memes For Kids, Minecraft Kids Book) Harry Potter: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious clean Harry Potter jokes! (harry potter memes, memes for kids, harry potter kids books, harry potter jokes, harry potter comedy) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) 101 Wild Animal Jokes for Kids. Short, Funny, Clean and Corny Kid's Jokes - Fun with the Funniest Lame Jokes for all the Family. (Joke Books for Kids Book 12) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3)

[Dmca](#)